

# **Nutrition Activities in Long Beach**

**All activities and program are subject to change. Please contact individual programs for more information.**

## **1. Centro Salud es Cultura in Long Beach**

1205 Pine Avenue Suite 102 Long Beach CA 90813

(562) 261-8370

<http://www.csulb.edu/centers/latinohealth/community/centro-salud-es-cultura/>

Spanish & English spoken

- Includes a FREE!! Nutrition workshop class called Sanos y Fuertes/ Healthy and Strong.
- FREE!! Zumba fitness classes. If under the age of 18, needs consent form signed by parents.

## **2. Healthy Active Long Beach Project**

2525 Grand Avenue, Long Beach CA, 90815

(562) 570-4244 (English)

(562) 570-4292 (Spanish)

<http://www.longbeach.gov/health/halb>

Activities are in English and Spanish

Some of the FREE activities **Healthy Active Long Beach** does in your community are

- Long Beach Jr. Beach Runners Program: Call for participating schools and beginning sessions.
- Free Nutrition Workshops and Healthy Cooking Demonstrations

## **3. Long Beach Peace Garden**

Central Facilities Center

1133 Rhea Street, Long Beach, California 90806

(562) 570-4402

<http://www.longbeach.gov/health/fss/central.asp>

- Community garden is free to visit
- Community members able to taste produce

## **4. The Growing Experience**

Jimmy Ng, Program Director

Housing Authority of the County of Los Angeles

Farm Address: 750 Via Carmelitos, Long Beach, CA 90805

(562) 984-2917

<http://www.3.lacdc.org/CDCWebsite/TGE/Home.aspx>

Email for any questions: [Jimmy.Ng@lacdc.org](mailto:Jimmy.Ng@lacdc.org)

- Urban farm in the city of Long Beach
- Can select to buy fresh affordable produce if subscribed

## **5. YMCA Salsa, Sabor, y Salud**

\*Fee required

4949 Atlantic Ave. Long Beach CA 90805

Contact Terry or Maria (562) 423-0491

Spanish & English spoken

- Helping families with nutritious meal preparation and food education
- Fun fitness activities
- Enrollment ages 2-12 years old; parents take separate class

## **6. Farmers' Market Program**

Under programs CalFresh EBT and Market Match at Farmers' Market, participants can get vouchers equal to the amount of money they want to spend with their card in the markets involved (participants of WIC and Senior Farmers' Market Nutrition Program (FMNP) can use their checks in markets involved with Market Match) Please visit their website for current participating farmers' markets.

- Go to an information booth and use EBT card or WIC or Senior Farmers' Market Nutrition checks, to receive scrips/tokens.
- CalFresh EBT scrips/tokens can be spent on any food, except hot foods
- With Market Match, participants can use their WIC or FMNP checks, and scrips/tokens will be provided to buy fruits and vegetables only.
- With Market Match, participants can get extra scrips/tokens to spend on fresh produce.
- Currently the following markets are participating:

<b><u>The Greener Good NORTH</u></b> 609 E. Artesia Blvd. Wednesday, Year Round 3:00pm - 7:00pm <u>Accepts: CalFresh</u> <u>Offers Market Match</u> <u>Incentives</u>	<b><u>The Greener Good WEST</u></b> 2125 Santa Fe Ave. Saturday, Year Round 9:00am - 2:00pm <u>Accepts: CalFresh</u> <u>Offers Market Match</u> <u>Incentives</u>
<b><u>Marine Stadium</u></b> E. Paoli Way & E. Appian Way Wednesday, Year Round 3:00pm - 7:00pm <u>Accepts: CalFresh</u> <u>Offers Market Match</u> <u>Incentives</u>	<b><u>Long Beach South East</u></b> 6530 E Marina Dr. Sunday, Year Round 9:00am - 2:00pm <u>Accepts: CalFresh, WIC &amp; Snr FMNP</u>
<b><u>CSULB Farmers' Market</u></b> 1250 Bellflower Blvd. Every other Wednesday 10:00am - 3:00pm <u>Accepts: CalFresh</u>	<b><u>The Growing Experience</u></b> 750 Via Carmelitos Saturday, Year Round 9:00am - 12:00pm <u>Accepts: CalFresh, WIC &amp; Snr FMNP</u>
<b><u>Long Beach Uptown</u></b> 610 E 46 <sup>th</sup> St. Thursday, Year Round 3:00pm - 6:30pm <u>Accepts: Cal Fresh, WIC &amp; Snr FMNP</u>	<b><u>Long Beach Downtown</u></b> 212 West 3 <sup>rd</sup> and Pine. Friday, Year Round 10:00am - 3:00pm <u>Accepts: CalFresh, WIC &amp; Snr FMNP</u> <u>Offers Market Match</u> <u>Incentives</u>

Farmers' Market Program Market Match is typically offered seasonally, while supplies last. Check with individual markets for details.

## **7. THE CHILDRENS CLINIC**

455 Columbia Street #201 Long Beach CA 90806

For more information, contact Health Education (562) 933-0511  
Healthy Lifestyles workshops and “Healthier Living/ Tomando control de su salud” classes

Spanish & English spoken

- Free and open to the community; geared towards adults
- Nutrition Workshops and daily physical activity recommendations
- Learn how to implement healthy behaviors in daily life

## **8. THE CHILDRENS CLINIC**

Healthy Lifestyles Cooking Class (series of 4)

Location: 905 Atlantic Ave, Long Beach, CA 90813 – First Lutheran Church

For more information, contact Maria Madrid 562-933-0462

Classes in Spanish

- Free and open to the community geared towards adults
- Learn how to cook with low fat foods, food low in sugar, and much more...

## **9. WIC- Women, Infants and Children Supplemental Nutrition Program**

- **Health Department WIC Site**  
2525 Grand Ave, Long Beach, CA 90815  
Monday from 8:30 am to 6:30 pm, Tuesday-Friday from 8:30 am - 5:30 pm  
Open 3 Saturdays per month - 8:30am to 12:00pm.
- **West WIC Site**  
2125 Santa Fe Ave, Long Beach, CA 90810  
Monday-Friday from 8:30 am to 5:00 pm
- **North WIC Site**  
5166 Atlantic Ave, Long Beach, CA 90805  
Monday-Friday from 8:30 am to 5:30 pm
- **St. Mary WIC Site**  
1043 Elm Ave, Ste 401 Long Beach, CA 90805  
Monday-Friday from 8:30 am to 5:30 pm
- **Central Facilities Center Site**  
1133 Rhea Street, Long Beach, CA 90806  
Monday-Friday from 8:30 am to 5:00 pm
- **Contact by Email at:**  
[Health-WIC@longbeach.gov](mailto:Health-WIC@longbeach.gov)

## **10. Long Beach Alliance For Food and Fitness**

For more information please contact Jennifer Ponce

2790 Atlantic Avenue Long Beach, CA 90806

(562) 264-4620

English spoken with Spanish translation

- No age requirement
- Free, open to the community, childcare provided
- LBAFF is a group of community members helping to bring awareness of healthy foods and physical activity.

## **11. Food Stamp Application Sites in Long Beach**

- **Catholic Charities**  
123 14th St., 90813  
(562) 591-1351  
Thursdays, 9:30am-12:00pm  
Services in English and Spanish
- **Miller Family Health Education Center**  
3820 Cherry Ave., 90807  
(562) 570-7979  
Tuesdays, 8:30am-11:30am  
Services in English and Spanish
- **Long Beach Senior Center**  
1150 E. 4th St., Room 107, 90802  
(562) 570-3534  
Tuesdays 9:00am-12:00pm  
Services in English and Spanish
- **Community Action Partnership**  
3012 Long Beach Blvd., 90807  
(562) 437-0681  
First and third Tuesday, 9:00am-12:00pm  
Services in English and Spanish
- **Long Beach Department of Health and Human Services (LBDHHS)**  
2525 Grand Ave., Room 115, 90815  
(562) 570-4171  
Thursdays 8:00am-12:00pm  
Services in English and Spanish

## Physical and Recreation Activities in Long Beach

All activities and program are subject to change. Please contact individual programs for more information.

### 12. Latin American Community Center

2338 E. Anaheim Street Suite 200, Long Beach CA 90804

Contact Raymond (562) 434-4628

Spanish and English spoken

- Free Zumba classes 10ys-old
- FOR SUMMER---Summer group-Walking group  
Mc.Arthur park
- PLEASE CALL FOR QUESTIONS (Dates and times)  
or email Raymond Chavarria  
<raymondchavarrialacc@gmailcom>

### 13. Long Beach Parks, Recreation and Marine

(562) 570-3100

[www.longbeach.gov/park.recreation/after\\_school\\_activities/parks.asp](http://www.longbeach.gov/park.recreation/after_school_activities/parks.asp)

After School program Sites for ages 5-12

Primary language spoken is English

- Activities include: games, tournaments, and cooking
- Monday through Friday 3-6pm with some exceptions

### 14. Lutheran Social Services of Southern California

**Referral needed from primary doctor or provider if interested!!**

1611 Pine Avenue Long Beach, CA 90813

(562) 599-1321

Spanish and English spoken

- Fitness classes (i.e. Zumba dance). **No age requirements but must be cleared by doctor/provider for exercise classes.**
- Healthy California Families workshops: Support in education towards chronic illness, nutrition, and exercise

### 15. Health Net of California, Inc---For Health Net Molina members only

**Referral needed from primary doctor or provider if interested!!**

Health education materials and resources on various health topics are available to members upon request

- Home edition 5 week intervention program
- Telephonic coaching program support to address nutritional concerns, triggers, and behaviors
- Health Net Health Education Department (800) 804-6074

### 16. T2X provided by Health Net available for all clients (not just Health Net enrollees)

[www.t2x.me](http://www.t2x.me)

Website in English

- The website educates and motivates teens to take healthier approaches toward important lifestyle issues, such as nutrition, fitness, and much more.
- All teens 13 to 18 years can join for free online

### 17. Youth Sports

City of Long Beach, Department of Parks, Recreation and Marine Youth Sports Office

(562) 570-1707. Visit [teamsideline.com/longbeach](http://teamsideline.com/longbeach)

Click under Youth Sports for more information.

Activities in English

- Free to boys and girls ages 5-14 years.
- At participating parks across Long Beach

### 18. Beach Community Wellness Program

Houghton Park (6301 Myrtle Ave., Long Beach, CA 90805)

E-mail [Viki.Ornelas@LongBeach.gov](mailto:Viki.Ornelas@LongBeach.gov)

Activities in English and Spanish

The Beach Community Wellness Program is a fitness and wellness program. They host free fitness and nutrition classes for the community.

- Targets adults, children are welcomed
- Summer 2015: Fridays 9:00am-10:00am
- Fall 2015: Wednesdays and Fridays 9:00am-10:00am